

BRAIN FOOD

Is of Little Benefit Unless It Is Digested.

Nearly everyone will admit that as a nation we eat too much meat and too little of vegetables and the grains. For business men, office men and clerks, and in fact everyone engaged in sedentary or indoor occupations, grains, milk and vegetables are much more healthful.

Only men engaged in a severe outdoor manual labor can live on a heavy meat diet and continue in health.

As a general rule, meat once a day is sufficient for all classes of men, women and children, and grains, fruit and vegetables should constitute the bulk of food eaten.

But many of the most nutritious foods are difficult of digestion and it is of no use to advise brain workers to eat largely of grains and vegetables where the digestion is too weak to assimilate them properly.

It is always best to get the best results from our food that some simple and harmless digestive should be taken after meals to assist the relaxed digestive organs, and several years' experience have proven Stuart's Dyspepsia Tablets to be a very safe, pleasant and effective digestive remedy which may be taken daily with the best results.

Stuart's Dyspepsia Tablets can hardly be called a patent medicine, as they do not act on the bowels nor any particular organ but only on the food eaten. They supply what weak stomachs lack, pepsin diastase and by stimulating the gastric glands increase the natural secretion of hydrochloric acid.

People who make a daily practice of taking one or two of Stuart's Dyspepsia Tablets after each meal are sure to have perfect digestion which means perfect health.

There is no danger of forming an injurious habit as the tablets contain absolutely nothing but natural digestives; cocaine, morphine and similar drugs have no place in a stomach medicine and Stuart's Dyspepsia Tablets are certainly the best known and most popular of all stomach remedies.

Ask your druggist for a fifty cent package of Stuart's Dyspepsia Tablets and after a week's use note the improvement in health, appetite and nervous energy.

Asks for Canteen.

Washington, Nov. 21.—In his first

annual report as chief of staff, General Young makes an urgent appeal for the canteens. He says he hesitates to take the matter up, because congress failed to take action on their re-establishment, but he doesn't feel at liberty to ignore a measure which is unanimously advocated by all the officers having the best interests of the army at heart, and their recommendation is entitled to consideration. He says the canteen promotes morality, sobriety and discipline.

He says the work of the general staff, so far, shows the wisdom of the authorities in promoting the measure. He also pays a glowing tribute to the army in the Philippines. Both regulars and volunteers have shown remarkable efficiency, devotion, patience, forbearance and humanity throughout the entire campaign in the island. He says, under the circumstances, where the severest measures were justified, officers and soldiers were both regular, and showed forbearance to the utmost possible limit. Instances of misconduct were very rare, and generally arose from miscredited zeal. Under the new law, the organized militia has attained a dignity and standing never had before. The growing dignity and efficiency of the force is one of the most encouraging features, and shows the interest taken. He recommends the coast army be increased on the lines suggested by General Chaffee, and invites attention to the necessary increasing commutation for officers and soldiers, especially in the East, where the cost of living is high.

A Great Jag Producer.

Nitroglycerine is occasionally used in medicine, and it now appears that soldiers of the British army have become addicted to cordite—which is more than half nitroglycerine—as a stimulant. An investigation by Major Jennings shows that even a very small quantity produces very powerful effect. The taste is sweet, pleasant and pungent, and when a little is sucked by itself from a strand the effect is a strong tendency to sleep, with a violent headache and noises in the ears, for thirty-six hours or more. The worst results follow its use in beer. Intoxication follows at once, destructive and brutal, soon falling into deep slumber. The cordite victims are rapidly.

CASTORIA.

Bears the Signature of *Chas. H. Little*

Brights Disease

Not Rare, but Common—All Kidney Disease Is Bright's Disease—The 5th to 10th Month It Becomes Chronic and Incurable by All Known Means Except the new Fenton Compounds, which Record 87% of Recoveries.

We have before us a little work on kidney diseases by Joseph F. Edwards, M. D., of Philadelphia, that contains some things that everyone ought to know. Many people imagine Bright's Disease is rare, when, in fact, it covers the whole gamut of kidney diseases. This book sets out that the kidneys are but one function, viz., the elimination of the waste products, and that all interference with that function are called Bright's Disease. Dr. Edwards adds: "For the benefit of physicians who may read this book I will give a list of the cases which I attribute to Bright's Disease, viz.:

Albuminuria.
Congestion of the Kidney.
Degeneration of the Kidney.
Fatty Degeneration of the Kidney.
Inflammation of the Kidney.
Trauma.

Disease of the Kidney.
Thus all kidney disease being Bright's Disease, the serious question is, is it acute or chronic? Is it the primary or secondary stage? After the eighth to tenth month it becomes chronic and is incurable by all known means except the Fenton Compounds. The kidneys are not sensitive. There is no organ so sensitive as the kidney. It is already fastened. If you have kidney disease in the first stage the Fenton Compound will cure it. It is in fact of more than 9 to 10 months. It is the only thing known that will cure it. In proof that nothing else will we give all medical works an evidence that to this time there has been nothing that cures Chronic Bright's Disease. The Fenton Compound of Dr. J. F. Edwards, M. D., is the first people in the world to announce a positive cure, presenting a definite percentage of recoveries (87 per cent), and giving out the state of the cure, all among purely chronic, well-defined cases. If you have any kind of kidney trouble, there is only one thing to take. The Fenton Compound for Bright's Disease is \$1.50. John J. Fulton, Co., 429 Washington street, San Francisco, sole importers. Free analyses for patients. Pamphlet free. We are the sole agents.

Palace Pharmacy, 118 State St.

THREE GREAT OFFERS

Daily Journal Will Give Away Hundreds of Magazines

And Makes a Special Subscription Sale Day—Heavy Reduction on Daily Nov. 26th.

No. 1.

Journal subscribers will this year be given a special bargain day and it has been set for Friday, November 27th. On that date you can get The Daily Journal for one year, cash in advance, by mail, for \$3, or by carrier for \$5. This is a flat reduction of one dollar, not only for the use of your cash, but to save us, as well as our subscribers the time and trouble of numerous payments during the year. It saves us work and it saves the subscribers cash. Remember the date, November 27th. All who pay up arrears, if they have any, can on that date get the benefit of this offer. Even if your subscription is paid up to the present time or in advance, you can get the benefit of an additional year on that date. If you can't come to the office on that date, send it in sooner, and the credits will be made on that date, November 26.

No. 2.

To new subscribers we will give a sample subscription to The Daily three months for one dollar, and in addition present them with the great Metropolitan Magazine free for that period. This is one of the greatest magazines in America and will be given free for three months to new subscribers only.

No. 3.

To any of our subscribers, old or new, who pays a year in advance, \$6 by carrier or \$4 by mail, this great magazine will be given free for one year. See the announcements of this wonderful magazine elsewhere in this paper, and prepare to profit by our great offer.

Beware of Ointments for Catarrh that Contain Mercury.

As mercury will surely destroy the sense of smell, and completely derange the whole system, when entering it through the mucous surfaces. Such articles should never be used except on prescription from reputable physicians, as the damage they will do is tenfold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free.

Sold by druggists. Price 75 c per bottle. Hall's family pills are the best.

Market Quotations Today

"Make Salem a Good Home Market"

Capital City Mills Quotations.

Bryant & Pennell, Props.

Wheat—75c.

Buckwheat—80c.

Poultry—at Steiner's Market.

Chickens—5c.

Eggs—Per dozen, 30c.

Ducks—10c.

Turkeys—12½¢ to 14c.

Hop Market.

Hops—16¢ to 20c.

Potatoes, Vegetables, Etc.

Potatoes—30c.

Onions—1½¢.

Dried Fruits.

Peaches—10c.

Apples—10c.

Petite prunes—4c.

Italian prunes—5c.

Wood, Fence Posts, Etc.

Big fir—\$4.00.

Second-growth—\$2.50.

Arb—\$2.00 to \$2.75.

Body oak—\$4.50.

Pole oak—\$4.00.

Cedar Posts—10c.

Hides, Pelts and Furs.

Green Hides, No. 1—1¢ to 7c.

Green Hides, No. 1—1¢ to 7c.

Calf Skins—4 to 5c.

Sheep—75c.

Goat Skins—25c to \$1.00.

Portland Market.

Wheat—Walla Walla, 71c.

Valley—75¢ to 76c.

Flour—Portland, best grade, \$9.75¢

\$9.85; Graham, \$3.75.

Oats—Choice White, \$1.07½¢.

Barley—Feed \$20 per ton; rolled, \$21.

Millstuffs—Bran, \$20.

Hay—Timothy, \$16.

Potatoes—50¢ to 60c.

Eggs—Oregon ranch, 30¢ to 32c.

Poultry—Chickens, mixed, 10¢ to 10½¢

per pound; spring, 10½¢ to 11c; turkeys, live, 15¢ to 16c.

Mutton—Gross, 4¢ to 5½¢.

Pork—Dressed, 6½¢ to 7c.

Beef—Gross, 5¢ to 6½¢.

Veal—8¢ to 8½¢.

Hops—1903 crop, 12¢ to 22c.

Wool—Valley, 17¢ to 18c; Eastern Oregon, 12¢ to 15c; Mohair, 35¢ to 37½¢.

Hides—dry, 18 pounds and up, upwards, 15 to 16¢.

Butter—Best dairy, 20c; fancy creamery, 27½¢ to 30c; store, 16c.

Grain and Flour.

Wheat, Salem Flouring Mills—67c.

Oats—32c.

Barley—\$18.50 per ton.

Flour—Wholesale, \$3.70.

Live Stock Market.

Steers—2½¢.

Cows—2½¢.

Sheep—\$1.50.

Dressed veal—6½¢.

Dressed hogs—5½¢.

Live hogs—4½¢.

Mutton—2c per pound.

Veal—6¢ to 6½¢.

Hay, Feed, Etc.

Bale clover—\$9.50 to \$10.

Bran—\$21.00.

Shorts—\$22.

Creamery and Dairy Products.

Good dairy butter—20¢ to 25c.

Creamery butter—32½¢.

Cream—separator skimmed, at Com. Creamery, 32½¢, set.

Pedestrianism as a muscle-developing exercise is popular with some athletes, but it is not viewed with over-much favor by the average Chicagoan these days.

CLASSIFIED ADS

Advertisements, five lines or less, in this column inserted three times for 25c. 50c a week. \$1.50 a month. All over five lines at the same rate.

WANTED.

Position Wanted.—By a young Japanese boy; will do saloon porter work or office cleaning. Address "F." Care Journal. 11-19-1wk*

Girl Wanted.—To do housework in a small family. Good wages. Apply forenoon at 252 Church street. 11-16-1f

Wanted.—Woodchoppers, 1½¢ mill northwest of Brooks. W. H. Egan. 11-17-1wk

Wanted.—At the mute school, a woman to wash and iron. Apply to Thos. P. Clark, Supt. 11-12-1f

FOR SALE.

For Sale.—Or trade, a fine 10-acre chicken or fruit ranch; first-class buildings and improvements; close to school, postoffice, store and railway station. Will trade for city or unimproved farm property. Address "W. J." Care Journal. 11-6

For Sale.—O. K. Grubbers. Best in Oregon; three state premiums; one horse has the power of 99; can grub an acre a day. James Finney, Brooks, Or. 10-25-1m

For Sale.—Improved and unimproved block property in South Salem. For information inquire of E. Hofer, Journal office. 10-9-1f

For Sale.—At a bargain, for a few days, a nice 2-acre chicken ranch, fair house, barn, etc., with plenty of fruit. Price \$650. See Ryan & Co., 122 State street. 10-26-1f

FOR SALE.

For Sale.—Or trade for Iowa property. 50-acre farm. Inquire at 25 Mill street. 11-21-1wk*

For Sale.—At a bargain, a 2½-inch heavy Rushford wagon, almost new, complete with hayrack, also set of double work harness. Inquire of B. W. Snyder, corner of Summer and Bellevue, opposite vinegar works. 11-20-1f

Choice Farm For Sale.—Three miles northwest from Brooks, having dwelling house, barn and two hop houses, with 30 acres of hops, balance farming land, with running water, except enough choice timber to supply the place. M. J. Egan. 11-12-1f

For Sale.—Bargains. Several choice places of property, both outside and inside. Call and see owner, 407 High street, 2½ blocks north of city hall. 11-12-1m*

For Sale.—Eighty acres of land in Washington county, for \$450. A bargain for some one wanting to make a home. Some timber on the place; some cleared. E. Hofer, Salem, Oregon. 10-4-1f

FOR RENT.

For Rent.—240 acre farm, near Salem. For particulars, address "H." P. O. box 208, Salem, Ore. 11-20-1m*

For Rent.—Large double store on State street, 50-foot front, 80 deep. Apply to M. Klinger. 10-7-1f

Rooms for Rent.—Up stairs, Oattle block by day, week or month. Also light housekeeping rooms. Electric lights. Open all hours. Commercial St., No. 333. Phone: 2965 Main. Mattie Hutchins, Prop.

MISCELLANEOUS.

Music Lessons Given.—A specialty of beginners. Miss Lena Molnar, 430 Commercial street. 11-18-1wk*

If you have property to sell—Or rent, or want to buy or sell, trade or exchange for other property of any kind, or if you want a loan or insurance, see R. R. Ryan & Co. 10-26-1f

Balm of Figs Remedies.—322 Marion street (from 2 p. m. to 3 p. m.) Bright lady assistant wanted. 10-27-1m*

Moler's Barber College.—Of Salt Lake City, offers advantages in teaching the trade that cannot be had elsewhere. Avoid schools the Oregon and California barbers' new laws are apt to close at any time. Write today for our special offer to distant students. 11-10-1m*

The Proper Thing.—The popular drink for family use is G. S. soda and carbonated beverages. Every body should keep these goods at their homes. Call up Gideon Stolz Co. phone 421.

D. F. Jerman.—Dealer in new and second-hand house furnishing goods. Great bargains in stoves and new furniture. Highest prices paid for second-hand articles. 210 Commercial street.

Say—Have you tried Edwards & Lusch's for meats. We have the best sausage in town. Come and try it, and be convinced. 410 East State street.

Salem Truck and Dray Co.—Oldest and best equipped company in Salem. Piano and furniture moving a specialty. Office phone, 861. W. W. Brown & Son, proprietor. Office No. 60 State street. 9-1-1m

Dr. Z. M. Parvin.—At 297 Commercial street, upstairs, Singing school. Rudimentary and sight reading classes. Begins Wednesday evening, October 14th. Class every Wednesday evening to May 1st, next. Tuition, \$1.00.

Unique Cleaning Rooms.—Shaw & Johnson, the cleaners, are now located at 209 Commercial street. They do a general pressing and repairing business. Specialties: Skirts, silk waists, kid gloves, gents' clothing, etc. Phone 2614. 5-25-1yr

Marshal Sale.

Notice is hereby given that under the provisions of ordinance No. 200 I will on

SATURDAY, NOVEMBER 21, at 10 o'clock p. m. at the pound in the city of Salem, sell at public auction, the following described impounded animal, to-wit:

One large red, muley cow, tag on ear with initials "J. H. McK."

Unless the above described animal is claimed before said date, sale will be without reserve.

D. W. GIBSON, City Marshal. Salem, November 17, 1903. 11-17-1f

PHYSICIAN AND SURGEON.

Dr. W. S. Mett—Will hereafter be found in the Brey block, 275½ Commercial street, over Oregon Shoe Co. Office telephone, 2931; residence phone, 2761. Office hours 9 to 12, and 2 to 5.

New Sweet Cider.—Send your order to the nearest grocery, or call up phone 421. Gideon Stolz & Co. 9-10-1f

DRESSMAKERS.

Mrs. L. Campbell—Does dressmaking at her home, on the car line, near the South Salem cemetery. Country trade solicited. 11-18-1m-d-w

WATCHMAKER.

W. C. Calvert, Practical Watchmaker. 158 State street, makes a specialty of repairing watches, clocks and jewelry, and guarantees good work at reasonable prices. 11-12-1yr

RESTAURANT.

Ferguson's Restaurant.—95 State street. Open day and night. Our 20c meals are better than any 25c house in the state. Six 20c meals for \$1.00; 21 20c meals for \$3.00.

LODGES.

Valley Lodge No. 18, A. O. U. W.—Meets in their hall in Holman block, corner State and Liberty, every Monday evening. Visiting brethren welcome. Roy McIntire, M. W. A. E. Aufrance, Recorder.

Central Lodge No. 18, K. of P.—Castle Hall in Holman block, corner State and Liberty Sts. Tuesday of each week at 7:30 p. m. A. E. Strang, C. C. R. J. Fleming, K. of R. and S.

Foresters of America—Court Sherwood Foresters No. 19. Meets Friday night in Turner block. S. W. Mintum, C. R.; A. L. Brown, Sec.

Modern Woodmen of America—Oregon Cedar Camp No. 5346. Meets every Thursday evening at 8 o'clock Holman Hall, Frank A. Turner, V. C.; A. L. Brown, Clerk.

Protection Lodge—No. 2, Ancient Order United Workmen, meets every Saturday evening in the Holman Hall, corner State and Liberty streets. Visiting brethren welcome. J. G. Graham, M. W.; J. A. Seilwood, Recorder.

OSTEOPATHS.

Dr. M. T. Schoettie, Frank J. Barr and Anna M. Barr.—Graduates American School of Osteopathy, Kirksville, Mo., successors to Dr. Grace Albright. Office hours 9 to 12 and 1:30 to 4:30 o'clock. Odd Fellows' Temple, Phone Main 2721; residence phone 3603 red.

TONSorial AND BATHS.

Ryan's Shaving Parlors.—Seven first-class barbers engaged. Finest bath rooms in city. We use antiseptic sterilizers. J. Ryan, Proprietor.

Evan's Barber Shop.—Only first-class shop on State street. Everything new and up-to-date. Finest porcelain baths. Shave, 15c; hair-cut 35c; baths, 25c. Two first-class foot blacks. C. W. Evans, proprietor.

HOP BUYER'S DIRECTORY.

BENJAMIN SCHWARZ & SONS.—Hop merchants, 97 to 99 State street, Salem, Oregon. Represented by Jos. Harris.

WM. BROWN & CO.—Hops, Mohair, wool, hop growers' supplies. No. 222 Commercial street, Salem, Oregon. Phone 1201.

SQUIRE FARRAR.—Hop merchant and purchasing agent. No. 216½ Commercial street, upstairs, Salem, Oregon. Phone 1651.

T. A. LIVESLEY & CO.—Dealers in hops and hop supplies. Phone 1211, office room 18 Oberhelld bldg., Salem, Oregon.

J. CARMICHAEL.—Hop buyer. Office in Bush-Breyman building, Salem, Oregon. Samples of choice hops solicited from all growers.

CATLIN & LINN.—Hop buyers. Room 8, Bush-Breyman block, Salem, Oregon. Phone 1431.

HUBBARD & CROSSAN.—Hop buyers. Room 2, Murphy block, Salem, Oregon. Telephone No. 271.

WATER COMPANY.

SALEM WATER COMPANY OFFICE CITY HALL.

For water service apply at office. Bills payable monthly in advance. Make all complaints at the office.

WIRE FENCING.

Hop Wire—Woven Wire Fencing. Place your orders now and get reduced prices. Car of fencing to arrive October 25th; car of fencing in November. Write and get prices.

WALTER MORLEY, 60 Court St., Salem, Or.

DENTISTS.

C. H. MACK DENTIST

Successor to Dr. J. M. Keane; in White Corner, Salem, Oregon. Parties desiring superior operations at moderate fee in any branch are in especial request.

EXPRESS AND TRANSFER.